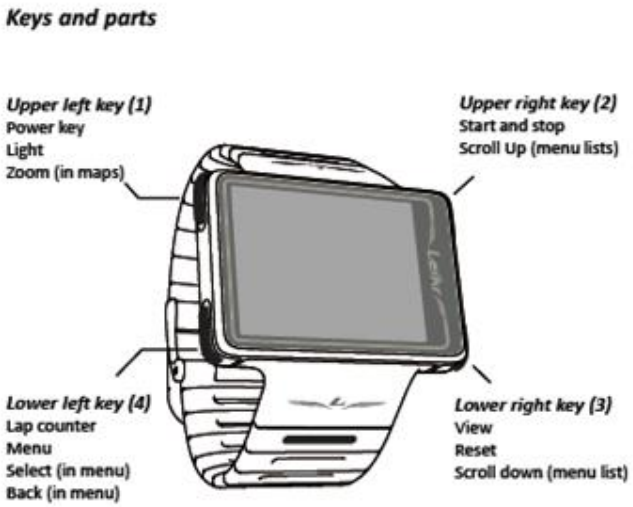
THE LEIKR USER GUIDE



Keys and navigation

Short Press and long press functions

The Leikr watch utilizes 4 keys to navigate through the menu. Every key has a function when short pressed and a different function when long pressed. The functions of each key will change according to the screen and the position in the menu. Functions names: short press and long press functions are explicitly labeled with a text shown on the display in proximity of the key. A slash is placed between the name of the function of the short press and the name of the function of the long press. Here an example: Light/Zoom. When pressing the key: when pressing the key you can feel a vibration: release the key after the first vibration to access the short press function. If he key is kept pressed for a longer time, the Leikr watch vibrates a second time: release the key after the second vibration to access the long press function.

Powering on and powering off

Powering on: the Leikr watch is powered on by pressing the power key (Upper left Key 1, marked with the power logo). When powering on the device vibrates and the screen light turns on for a second. The Leikr logo appears on the screen. Powering off: to power off the device press simultaneously the power key (Upper left Key 1, marked with the power logo) and the key opposite to the power key (upper right Key 2). Release the keys immediately after you feel the vibration.

Sync and data transferring

To sync the Leikr watch and transfer data between the watch, the Leikr web page , Endomondo and Strava, press the two keys located on the opposite side of the Leikr logo (Upper left Key 1and lower left Key 4). When syncing the watch: 1) the new settings from the Leikr web-page are uploaded to the watch (if any available), 2) the new training sessions saved on the watch in "Training History" will be downloaded to Endomondo and Strava (if any available), 3) the new Leikr firmware and Leikr SW updates are uploaded to the watch (if any available). The syncing procedure can be successfully launched from the watch when the watch is in the range of a registered Wi-Fi, there is no need to place the watch in the charging station or to do any manual transfer of files. Release the keys immediately after you see the syncing screen appearing.

Navigating a menu list

The logic to go through a menu list is consistent through-out the whole menu. A short press of the “Select/back ” key always opens the menu item which is highlighted by a blue box. Long pressing the “Select/Back” brings back to the upper level of the menu. Scroll up and down the menu list by pressing the keys “Up” and “Down”.

Toggling through the digits (distance, time and calories settings, on the watch)

Both in “Settings” menu and “Training targets” menu there are numerical fields that can be modified through the watch keys. A number can be modified by toggling through the digits. Select the line you want to modify by pressing the keys “Up” or “Down”. The box of the line currently selected is blue. If the line contains a number that can be modified, pressing the key “Select” will highlight the first digit to the right. Increase or decrease the value by pressing the keys “Up” or “Down”. Press select to move to the next digit to the left. Once you have walked through all the digits of the number, the next select key press will bring you out of the number and back to the menu item.

First training with the Leikr watch

Choose your sport

The default sport of the Leikr watch is "Running". To change to another sport: either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The first Menu item on the list is called “Sport”. Press “Select” to access the list of sports (Menu->Sport). Press “Up” and “Down” to choose your favorite sport and then press “Select”. Long pressing “Select/Back” will bring you back to the “Active screen”. On the header you will see the name of the sport selected.

Get the GPS fix

Step outdoor and stand still: the best condition for the Leikr watch assisted GPS module to get a stable GPS signal is to have the bottom part of the display facing the open sky. When the GPS connection is established the

Leikr watch will vibrate and the satellite icon at the bottom of the display stops blinking and turns steady. The number of satellites locked will show next to the satellite icon. To boost the performance of the GPS connect the watch to the Internet by turning on the Leikr watch within the range of a registered network within hours before starting the training session. Please make sure the satellite icon at the bottom of the display is always visible; if the icon is not present, please restart your Leikr.

Start, stop, pause and save your training

Press the key "Start" to begin your training session. The same Key then turns into a "Stop" key. Press the "Stop" key to pause the workout. Once you pause a workout, the same key turns into a "Resume" key. Press the "Resume" key to continue your workout or press the key "Save" to save the training in the "Training History" menu.

Transfer your training to Endomondo and Strava

To sync the Leikr watch and transfer your training to Endomondo and Strava, press the two keys located on the opposite side of the Leikr logo (Upper left Key 1 and lower left Key 4). The syncing procedure can be successfully launched from the watch when the watch is in the range of a registered Wi-Fi, there is no need to place the watch in the charging station or to do any manual transfer of files. Release the keys immediately after you see the syncing screen appearing.

Indoor training

Choose the profile "Running Indoor" and connect to an ANT+ Foot pod to use the Leikr watch to train on a tread mill or on an indoor running track. The GPS connection is turned off and the running parameters such as Pace, Distance and Calories are now detected through the Foot pod. To learn how to connect an ANT+ Foot pod follow the instructions reported below.

The Active screen and Maps screen

The Active screen: main area

When you turn on your Leikr watch, you are presented with the "Active screen". In the main area of the active screen you can see two types of information: on the left side you have the duration parameters, Time, Distance and Calories. They will increase progressively through your training. On the right hand side of the "Active screen" you can find the target parameters that would fluctuate during your training: Speed, Instant Pace and Heart Rate.

The Active screen: header

In the top-center part of the “Active Screen” you can read the sport you have selected: the calories calculation will depend from the sport selected. The watch default sport is “Running” (see the paragraph “How to select your sport” to learn how to change sport).

The Active screen: footer

When you turn on your Leikr watch and the “Active screen” appears. At the bottom-center part of the “Active Screen” you can see two icons: the battery icon to the left, and the satellite icon to the right. The battery icon shows the power level of the device (4 bars when the battery is full). The icon will toggle through the battery bars when the watch is charging. The satellite icon blinks when the watch is searching for the satellite connection. The satellite icon will turn steady once the GPS connects to the satellites. The number of satellites locked will show next to the satellite icon on the right. When the GPS connection is established, a clock will appear in the middle of the footer (between the battery icon and the satellite icon). The clock shows the time retrieved from the satellite, however it is possible to override the clock time by setting a different off-set to the GMT (see the paragraph “Adjust the watch settings directly from the watch menu” to learn how to change the time).

The Maps screen

Pressing the “View” button, you can change from “Active screen” view to “Maps” view. When the watch has GPS connectivity, the “Maps” view shows the area where the watch is located. It is possible to change the zoom level of the maps by pressing the key “Zoom”. The watch has 3 zoom levels, shown in a 3 presses carousel. On the maps screen a single tile with the most significant parameter for the selected sport is shown in the upper right corner.

On board settings

Auto Lap

Toggle auto lap “on” or “off” to enable or disable the function. When “Auto lap” is set to “on”, a lap summary appears on the watch every time you complete the set lap distance during a training session. The summary appears after a short vibration and stay on the screen for approximately eight seconds. The “Auto lap” screen displays: elapsed distance, elapsed time, calories per lap, average speed, average pace and average heartbeat per lap. To make the information more recognizable the “Auto lap” screen shows red lines on the tile boxes.

Setting the Lap distance

The “Lap distance” is the distance of a lap in Kilometers and fractions, and can be changed by toggling through the numbers as explained in the paragraph “Changing distance, time and calories settings, on the watch by toggling through the digits”.

Auto pause

Toggle auto pause “on” or “off” to enable or disable the function. When “Auto pause” is set to “on”, the device stops the counters every time the GPS detects that you have stopped moving.

Backlight time

It is possible to define for how long the display back light stays on every time you press the key “light”. The options for the “Backlight time” are: 2, 4, 15 seconds or “on/off”. If the “Backlight time” is set to on/off, a key press is needed to shout off the light.

Vibration alert

Toggle auto lap “on” or “off” to enable or disable the function. When “Vibration alert” is set to “on” the watch will vibrate when: a target is reached (providing that a “Training target” is set to “on”), a lap is completed (providing that “Auto lap” is set to “on”), a workout step is completed (providing that a “Workout” has been selected). Vibrations that are not related to an event occurring during a training session, such as the vibration for the acquisition of a GPS signal or the vibration for the long and short Key presses, or power up and power down vibrations are not affected by the “Vibration alert” setting.

Time zone

The watch clock gets the time from the satellite as soon as a GPS connection is establish, however it is possible to override the clock time by setting a different off-set to the GMT. Highlight “Time zone” from the “Settings” menu list and toggle through the Time offsets with the “Select”.

Restore factory settings

“Restore factory settings” restore all the watch settings to the original default values. Important: the Wi-Fi configuration is also lost, connection to the Wi-Fi need to be re-initiated by docking the watch in the charger connected to the PC and transferring the configuration file (see the paragraph “Establishing network connectivity”).

How to

Choose your sport

The default sport of the Leikr watch is "Running". To change to another sport: press the “Menu” key, either from the “Active screen” or from the “Maps” screen. The first Menu item on the list is called “Sport”. Press “Select” to access the list of sports (Menu->Sport). Press “Up” and “Down” to choose your favorite sport and then press

“Select”. Long pressing “Select/Back” will bring you back to the “Active screen”. On the header you will see the name of the sport selected.

Read the training history

Press the “Menu” key, either from the “Active screen” or from the “Maps” screen. The second Menu item on the list is called “Training history”. Press “Select” to access the list of training sessions you have performed (Menu->Training history). The training session are labeled with the date and the starting time. Press “Up” and “Down” to browse your workout and press “Select” to open the training session highlighted in blue. The screen will show the summary of your workout: elapsed time, total distance and calories, average speed and pace, average heart rate. Important: before the watch is used the first time the “Training history” list is empty.

Set a training target

Press the “Menu” key, either from the “Active screen” or from the “Maps” screen. The third Menu item on the list is called “Training management”. Press “Select” to access the menu list. The first item on the list is called “Training targets”: press again “Select” to open the target list (Menu->Training management->Training targets). The training targets available are: “Distance”, “Time” and “Calories”. By pressing “Select” you can switch on or off the target highlighted (“Target: on/off”). The target value can be changed by toggling through the numbers as explained in the paragraph “Changing distance, time and calories settings, on the watch by toggling through the digits”. Important: targets are mutually exclusive; you cannot activate more than one target at the time. Choose a target before starting a training session and start training, a vibration will alert you when the target is reached and the message "Target completed" will appear on the screen.

Select a workout

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The third Menu item on the list is called “Training management”. Press “Select” to access the menu list. The second item on the list is called “Workouts”: press again “Select” to open the list of workouts (Menu->Training management->Workouts). Scroll up or down through the list and press “Select” to activate the workout which is highlighted. Important: you can design a workout with the "Workout editor" of the on-line configuration module and save them on the page "Workout selection" of the on-line configuration module: workouts will be ready to sync once you press the button "Update selection" on the page "Workout selection" and then transferred to the watch when syncing. Choose a workout before starting a training session and start training, a vibration will alert for each of the workout steps you have completed and a new screen will appear showing you the duration and target parameters of the next step.

Choose a route

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The third Menu item on the list is called “Training management”. Press “Select” to access the menu list. The second item on the list is called

“Routes”: press again “Select” to open the target list (Menu->Training management->Routes).The “Routes” menu items are “Routes” downloaded to the watch from Endomondo. Once you have selected a route by pressing the key “Select”, the route appears as a solid line on the Maps screen once you start the training session.
Important: to visualize a route on the maps, the route should belonge to the area where you are starting your training session.

Pair your ANT+ Heart Rate Monitor chest belt

Leikr is compatible with ANT+ accessories. To connect your Leikr for the first time to a compatible ANT+ heart rate monitor: wear your heart rate motor on your chest and bring your Leikr in its proximity. On the watch, go to Menu -> Settings -> Accessories ->Heart rate monitors->Add new, to start the scanning. A progress bar will appear. After the first time pairing, you can reconnect the heart rate monitor by pressing simultaneously the two keys on your Leikr located on the side of the Leikr logo (Upper right Key 2 and lower right Key 3). If the scanning does not detect your heart rate, try bringing the watch closer to your chest. If you can still not pair your accessory, replace the accessory battery.

Pair your ANT+ Foot Pod

Leikr is compatible with ANT+ accessories. To connect your Leikr for the first time to a compatible ANT+ foot pod: wear your foot pod on your shoe and bring your Leikr on your wrist. On the watch, go to Menu -> Settings -> Accessories ->Foot pods ->Add new, to start the scanning. A progress bar will appear. After the first time pairing, you can reconnect to the Foot pod by pressing simultaneously the two keys on your Leikr located on the side of the Leikr logo (Upper right Key 2 and lower right Key 3). If the scanning does not detect your foot pod, try bringing the watch closer to your shoe and keep the Foot pod in motion. If you can still not pair your accessory, replace the accessory battery.

Calibrate your ANT+ Foot Pod

On the watch, go to Menu -> Settings -> Accessories ->Foot pods and select the Foot pod you have already paired with the watch. Press the upper right Key (2) to start the calibration process. Keep the Foot pod in motion till the calibration screen appears. Press the upper right Key (2) to start the calibration process and start running for a distance you know. We recommend covering a distance between a 100 and 400 meters; running a loop on a running track is the optimal set up. Adjust the distance reported by the foot pod to match the actual distance covered (use the lower left key (3) to toggle through the digits and the upper and lower right keys (2 and 3) to change the values, remember to save the adjusted distance).

Calibration using the GPS: it is possible to use the GPS to help you calibrating the Foot pod, in case you are not able to run a distance you know. However the calibration will be less accurate and heavily dependent on the satellite conditions. Press the upper right Key (2) to start the calibration and start running in a straight line for a distance that should be not less than 100 meters and possibly above 400 meters.
Adjust the distance reported by the foot pod to match the distance indicated by the GPS (use the lower left key (3) to toggle through the digits and the upper and lower right keys (2 and 3) to change the values, remember to

save the adjusted distance). To use the reported GPS line of sight distance it is very important that you run in straight line and with a high number of Satellites locked.

This product is ANT+ certified.
Visit www.thisisant.com/directory for a list of compatible products and apps.